

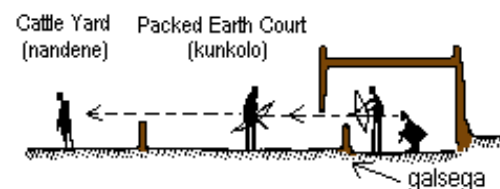
# OKYEAME

January 18, 2007

American Embassy,  
Accra

## NAVRONGO ARCHITECTURE

found in Northern Ghana, is not only elaborate in terms of function and building technology; it also presents, as a reflections of the people and their spirit of independence, a variety of forms and design principle which continue to astonish foreign observers. Most buildings have at their entrance a small semicircular wall (**galséga**) which may be as high as a meter. It requires that one stoop down, head for the dark in this position, then, immediately upon entering, stand up halfway to stride over the small semicircular wall. The height of the "galséga" corresponds to the degree of privacy of the interior space; it remains, however, always lower than the entrance



arch apex to allow a person squatting inside to look outside without being visible. It has several practical purposes such as keeping out the elements and intruders. Outside of the main entrance is the "pönga" which is where the compound senior man rests and receives visitors during the day.

The "pönga" is well shaded with straw mats under a tree with a bench shaped from logs. The senior man maintains cohesion of the compound as its head. He determines the allocation of dwelling spaces, the building of new units, and the destruction of older ones- the compound traditionally grows in accordance with the size of the family or the addition of brides and offspring. He guards and superintends the main entrance of the compound. In the religious sphere, he functions as priest of all family shrines, maintaining close communication with the ancestors-the custodians of the laws and customs of the tribe-influencing thereby their intervention, while consulting with them on all family affairs. Summed together the head man acts as a moral and spiritual force that often serves to regulate the conduct of the group members. Two conical earthen pillars sometimes define the entrance ("yanga") of the compound.

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CLO  
Office Hours

Mon-Fri  
8am-12:00pm

If you have news, classified, suggestions, letters, restaurant reviews etc. for the Okyeame, please write to the Editor, **Mikelle Antoine** at:

accraokyeame@yahoo.com  
Deadline Monday 5pm

Please let us know what you would like to see in the Okyeame. Your suggestions, criticism and story ideas are most welcome!

The Okyeame is published weekly by the United States Mission, Accra. It is for the use of all Mission employees and their families. Post activities and items of general interest are included in this newsletter. Please send news items, suggestions and classified ads to accraokyeame@yahoo.com. Submission deadline is COB Monday of publication week. Classified ads may be placed by members of the Mission or members of other foreign missions stationed in Ghana. Ads will be run for three weeks and can be renewed. If an item is sold before the three weeks are up, please notify accraokyeame@yahoo.com. Ads and submissions are accepted based on appropriateness and relevance to the Embassy community. Okyeame is a Twi word meaning linguist, or chief's spokesperson.



## Another Time, Another Place

**By Ginger Wyler**

I would be starting to make a cup of tea and slowly, out of the corner of an ear, become aware of a noise, a whine really, which insistently began to build and finally swell into a country-wide alarm. Eerie is the best word I can think of. We would immediately head for our safe room - the "sealed room"- close and reseal the door, arrange a soaked towel (always ready in a sink) at the bottom of the door, and put on our gas masks. I learned early on not to run for it when the sirens started because getting out of breath made it much harder to get into the mask each time. So there we were, looking for all the world like a pair of elephants whose trunks had been chopped off halfway up, and my husband shouting out through the mask in a muffled voice, "It's so bloody undignified." We listened to the emergency instructions given on the radio in English, Hebrew, Russian, French, Amharic, Yiddish and Ladino. That was Gulf War #1 and we were in Jerusalem at the time. (Oh, and by the way, did I remember to turn off the gas under the teapot?) The masks were given to us in compact cardboard boxes with attached straps. This made them handy and portable because, according to regulations, one could not leave home without a mask. In addition, the box held a filter, anti-mustard gas powder and an anti-nerve gas injection. The newer ones even had a straw which could be attached for drinking, a farfetched idea I never tried. One clever person began to sell designer covers for the boxes. She got the idea from the kids who decorated their small ones in every way imaginable. A bit of denial perhaps, but it did seem unthinkable that Jews were once again being threatened with gas.

Nevertheless everyone seemed to cope very well in a war where the civilian population was really the front line. Daytimes seemed surprisingly normal. The biggest change was that evenings started early. We began to expect an attack just as soon as the purple dusk settled on the surrounding Jerusalem hills, and our sixth sense was in full operation by 6 p.m. By then we wanted to be home for the anticipating, not on the street. If you went out to meet friends it was only for lunch or tea, not drinks and dinner. We chose our bedroom as the safe room. One has to sleep, after all, and if nothing had happened by bedtime, we finished whatever we had to in the rest of the apartment, took out the roll of heavy sealing tape and then closed ourselves in for the night. The army radio station had stopped broadcasting anything other than alarms so that people could tune in and still sleep, but not sleep through an alert. Things were well thought out. Curiously, though, it was sometimes difficult to tune in to what was normally then a silent station. The food editor of the Jerusalem Post remarked that when the home front is the battlefield, the supermarkets become the supply depots, and she kept us up to date on the changing moods of the population vis-à-vis the supermarket shelves. We were all very demanding and impatient for a couple of weeks before the war began, but once it was underway, we settled down and could stand quietly in long lines.

Mineral water, batteries, disposable diapers and matches were the first priorities. Then came huge buyouts of sealing tape, plastic sheeting and any foods which were in tins or hermetically sealed. Sales of chocolates and other sweets were over twice the norm, whereas cleaning supplies were down about 10%. Obviously we were getting fatter and dirtier as the war went on. Nibbling did help to ease the tension. Eight thousand women, both Arab and Jewish, had given birth in the first few weeks of the war. Some undoubtedly went into labor early from the tension. The preemies went from the womb right into sealed incubators attached to their own oxygen supplies. The other babies were put into protective sealed baby carriers and into the sealed nurseries. I remember that a new Russian immigrant, a woman of about 30, gave birth to her first baby shortly after she arrived in the country, and during an alert. The doctors were all in gas masks. She, too, had to give birth in a mask, and the newest arrival was whisked into the sealed baby tent. That child should be able to handle most anything in life. Weathermen and women were banned from t.v. so as not to give any aid to the missile launchers downwind. Nevertheless, we still had weather, and it was the cold and rainy kind at that time of year. This seemed a blessing because chemical gases evidently can't do any harm in the rain. We often wondered just how protective the sealing tape routine would really be. If done properly, it kept out all outside air, but would it save us? We hardly feared a big attack in Jerusalem because Saddam was evidently very much afraid of hitting the mosques by mistake. The damage was in the Tel Aviv area and on the coast. Still we had to follow the rules, but as no chemicals were used, we still don't know the answer. Luckily, I suppose. We had to wait another six weeks after the war ended to emerge from our sealed rooms. It was such a joy to be able to open our bedroom windows again, but a terrible ordeal to remove the tape. It took razor blades and strong arms, and often produced only slashed fingers until someone finally discovered that an oven cleaner was the secret weapon. The noise from miles of sealing tape being pulled from windows and doors in all directions can only be imagined, not described. As I look back on those days from my perspective of life in Geneva during Gulf War #2, it seems as if we are on another planet. There are no sirens, no alerts. It is possible to take a shower any old time in the evening without getting caught in the altogether, dripping wet, and having to fit oneself into the rubber of a gas mask. One can even put a soufflé in the oven - if you do that sort of thing - without considering it a dangerous occupation. And we have not bought a single roll of sealing tape. My one connection with the present war is that I am against it. In 1991, I felt that I could not afford to be a pacifist, but today's circumstances are not at all the same. Today is another time and another place.

*Born in Dayton, Ohio, Ginger Wyler studied at Smith and Brown, lived in Boston for 30 years, and then began a new phase she describes as "always moving, always writing." In Jerusalem, she worked on the project "Co-existence in Israel for Arab and Jewish Youth," and she has also worked with UNICEF. She currently divides her time between Geneva and Boston. Source: [www.talesmag.com](http://www.talesmag.com)*

Upon entering, one is met on both sides with circular thatch-roofed constructions called "zongo." These serve as animal shelters (goats, sheep, and donkeys). Also in the "nandènè" are large adobe granaries. These tall structures store all the compound's grain supply from the previous year's harvest. To prevent water and rodent damage they are supported on rocks and are covered. You must use a log-step ladder to climb into the granaries and stand on the granary's log cross-bar supports. An "ancestral zongo" also shares an important role in funeral customs with the outer space preceding the compound's entrance and the two ancestral pillars near the senior man's "pönga." An ancestral "zongo" is often painted with black markings and white fillings and will serve as a sleeping room for the senior man when he grows old. Small night-time shelters for chickens are built into compound walls dividing a family section and the "nandènè." by an outdoor cooking space covered with millet stalks ("danga"), an indoor cooking space ("saraga"), and a storage-sleeping space ("diga"). No visitor would enter the "diga" without her consent. This choice of space defines the degree of social interaction between guest and host. The man's building is made up of a sleeping chamber ("bongo") and an antechamber ("bopaka") for receiving guests.

Most compounds are erected on a site sloping downward from west to east, and positioned so as to have its main entrance on the higher point of the slope facing west and its oldest dwelling unit—usually the senior woman's, hence the most important—on the lower point of the slope, directly opposite this entrance. Such an entrance orientation is due to the high northeast trades and harmattan, and the heavy rains that beat east, often with hurricane force. The incline of the compound further prevents the active erosion of the bases of its walls by facilitating the outflow of rainwater, which smoothly drains off through holes from the internal packed-earth courts instead of stagnating around the constructions.



One of the most striking features of Navrongo compounds are the wall designs. They are either painted, incised (with a pebble), or molded as base-reliefs. Incised motifs break the flow of rain into smaller streamlets to prevent a localized erosion of the walls. They often cover façades looking out onto the courts ("zinzaka") but are almost always found around the frame of doorways and on interior walls and furnishings. Painted motifs usually come in three colors: black, white, and red. The black pigment is traditionally obtained from ground black schist. The white color, employed mainly for filling in the designs, is produced by rubbing a kaolin stone on the specific area. The red pigment is developed from boiled vegetative material. Each design motif has its own repertoire of significations whose articulation depends on the context in which it is situated in the compound. In many villages, such as Sirigu, painting the house is the job of the women. This material was taken from:

<http://mysite.verizon.net/vze827ph/> This Web Page is devoted to two small communities in Northern Ghana. The authors of this web page collectively spent six years in these West African towns. This site is a wonderful resource for information on the culture of Northern Ghana.



### What is ADHD?

Attention-deficit hyperactivity disorder (ADHD) is the name of a group of behaviors found in many children and adults. People who have ADHD have trouble paying attention in school, at home or at work. They may be much more active and/or impulsive than what is usual for their age. These behaviors contribute to significant problems in relationships, learning and behavior. For this reason, children who have ADHD are sometimes seen as being "difficult" or as having behavior problems.



## ADHD: What Parents Should Know

ADHD is common, affecting 4% to 12% of school-age children. It's more common in boys than in girls. You may be more familiar with the term attention deficit disorder (ADD). This disorder was renamed in 1994 by the American Psychiatric Association (APA). **What are the symptoms of ADHD?** The child with ADHD who is inattentive will have 6 or more of the following symptoms: Has difficulty following instructions

Has difficulty keeping attention on work or play activities at school and at home; Loses things needed for activities at school and at home

Appears not to listen; Doesn't pay close attention to details; Seems disorganized; Has trouble with tasks that require planning ahead; Forgets things; Is easily distracted. The child with ADHD who is hyperactive/impulsive will have at least 6 of the following symptoms: Is fidgety; Runs or climbs inappropriately; Can't play quietly; Blurts out answers; Interrupts people; Can't stay in seat ; Talks too much; Is always on the go; Has trouble waiting his or her turn. **What should I do if I think my child has ADHD?** Talk with your child's doctor. A diagnosis of ADHD can be made only by getting information about your child's behavior from several people who know your child. Your doctor will ask you questions and may want to get information from your child's teachers or anyone else who is familiar with your child's behavior. Your doctor may have forms or checklists that you and your child's teacher can fill out. This will help you and your doctor compare your child's behavior with other children's behavior. Your doctor will do vision and hearing tests if these tests haven't been done recently. Your doctor may recommend trying medicine to see if it helps control your child's hyperactive behavior. A trial of medicine alone cannot be the basis for diagnosing ADHD. However, it can be an important part of evaluating your child if ADHD is suspected.

It might be hard for your doctor to tell if your child has ADHD. Many children who have ADHD aren't hyperactive in the doctor's office. For this reason, your doctor may want your child to see someone who specializes in helping children who have behavior problems, such as a psychologist. **What causes ADHD?** Children who have ADHD do not make enough chemicals in key areas in the brain that are responsible for organizing thought. Without enough of these chemicals, the organizing centers of the brain don't work well. This causes the symptoms in children who have ADHD. Research shows that ADHD is more common in children who have close relatives with the disorder. Recent research also links smoking and other substance abuse during pregnancy to ADHD. **Things that don't cause ADHD:** Bad parenting (though a disorganized home life and school environment can make symptoms worse) ; Too much sugar; Too little sugar; Aspartame (brand name: Nutrasweet); Food additives or colorings; Food allergies or other allergies; Lack of vitamins; Fluorescent lights; Too much TV; Video games.

**What can I do to help my child?** A team effort, with parents, teachers and doctors working together, is the best way to help your child. Children who have ADHD tend to need more structure and clearer expectations. Some children benefit from counseling or from structured therapy. Families may benefit from talking with a specialist in managing ADHD-related behavior and learning problems. Medicine also helps many children. Talk with your doctor about what treatments he or she recommends. **What medicines are used to treat ADHD?** Some of the medicines for ADHD are methylphenidate (brand name: Ritalin), dextroamphetamine (brand name: Dexedrine), pemoline (brand name: Cylert), atomoxetine (Strattera), and a combination drug called Adderall. These medicines improve attention and concentration, and decrease impulsive and overactive behaviors. Other medicines can also be used to treat ADHD.

### What can I do at home to help my child?

Children who have ADHD may be difficult to parent. They may have trouble understanding directions. Children who are in a constant state of activity can be challenging for adults. You may need to change your home life a bit to help your child. Here are some things you can do to help: Make a schedule. Set specific times for waking up, eating, playing, doing homework, doing chores, watching TV or playing video games, and going to bed. Post the schedule where your child will always see it. Explain any changes to the routine in advance.

Make simple house rules. It's important to explain what will happen when the rules are obeyed and when they are broken. Write down the rules and the results of not following them. Make sure your directions are understood. Get your child's attention and look directly into his or her eyes. Then tell your child in a clear, calm voice specifically what you want. Keep directions simple and short. Ask your child to repeat the directions back to you. Reward good behavior. Congratulate your child when he or she completes each step of a task. Make sure your child is supervised all the time. Because they are impulsive, children who have ADHD may need more adult supervision than other children their age. Watch your child around his or her friends. It's sometimes hard for children who have ADHD to learn social skills. Reward good play behaviors. Set a homework routine. Pick a regular place for doing homework, away from distractions such as other people, TV and video games. Break homework time into small parts and have breaks. Focus on effort, not grades. Reward your child when he or she tries to finish school work, not just for good grades. You can give extra rewards for earning better grades. Talk with your child's teachers. Find out how your child is doing at school—in class, at playtime, at lunchtime. Ask for daily or weekly progress notes from the teacher. **Will my child outgrow ADHD?** We used to think children would "grow out" of ADHD. We now know that is not true for most children. Symptoms of ADHD often get better as children grow older and learn to adjust. Hyperactivity usually stops in the late teenage years. But about half of children who have ADHD continue to be easily distracted, have mood swings, hot tempers and are unable to complete tasks. Children who have loving, supportive parents who work together with school staff, mental health workers and their doctor have the best chance of becoming well-adjusted adults. **Source:** [www.aad.org](http://www.aad.org)



# AROUND TOWN

**North American Women's Association (NAWA)** promotes friendship among North American women, and between North American & Ghanaian women. NAWA fundraises for charitable organizations that support women and children in Ghana. Meetings are held on the **second Thursday of each month**, between September and May. Join us at **6:45pm** at the **Coconut Regency Hotel**. Look forward to meeting new friends, supporting worthy causes in Ghana and participating in cultural and social activities. The NAWA published book, *No More Worries*, can be found in stores throughout Ghana. Check the [www.noworriesghana.com](http://www.noworriesghana.com) website or go to [www.nawaghana.com](http://www.nawaghana.com). Call secretary Carol Pietryk at 0242 108273 (email: [icpietryk@yahoo.ca](mailto:icpietryk@yahoo.ca)) or president Monica Carr at 0243 680799 for further information. "You are welcome."

**Ghana International Women's Club** Formed in 1980 with the intention of establishing a strong bond of friendship among 'women of the world', and fostering a better understanding of one another's cultures. Members organize fundraising events and volunteer work. Monthly meetings every 2nd Wed at **Kohinoor Restaurant in Osu** at 9:30 am.

**Ghana Bead Society** Develop knowledge, appreciation, and interest in beads in Ghana, both from a traditional and contemporary point of view. Monthly meetings at the DuBois Center, East Cantonments; 4:30 pm, first Thursday of each month. Contact Trish Graham at 764-349 or e-mail: [trish\\_graham@hotmail.com](mailto:trish_graham@hotmail.com).

**Alliance Française** Provides French classes for children and adults, and hosts numerous cultural events. Located on Liberation Link Road, Airport Residential. Tel: 773-134.

**American Chamber of Commerce** promotes commercial, economic, educational and cultural ties between the U.S. and Ghana. Their regular luncheon meetings are on the last Wednesday of the month at La Palm from 12-2:30. Tel: 247-562, 024-251-605. E-mail: [amchamgh@ghana.com](mailto:amchamgh@ghana.com); Website: [www.amcham\\_africa.org](http://www.amcham_africa.org). Located at Hse #C609/3 5th Crescent St, Asylum Down.

**Scottish Country Dancing The Caledonian Society of Ghana:** Scottish Country dancing is back. All are welcome to join in at the Grasscutters club, every Tuesday night from 7.30pm. For more information call 0244 069 169 or e mail [caledonianghana@yahoo.co.uk](mailto:caledonianghana@yahoo.co.uk)  
**Accragio**, a singing group open to expatriates and Ghanaians, is preparing its next program and welcoming all new singers, especially altos and tenors. For more information, please con-

tact Rodger French: [deluxevalde-ville@earthlink.net](mailto:deluxevalde-ville@earthlink.net) or 024-664-9487.

Energize yourself and reduce stress with **Hatha Yoga** at YMCA Mon-Wed-Friday, 5:30 pm - 7 pm. Contact Peace on 024-422-6079 or 775-348 ext. 4277.

**The International Players** The International Players is a local amateur dramatic group that performs publicly. Anyone interested in amateur theater is invited to participate. For information contact: Trish Graham at 764-349 or e-mail: [trish\\_graham@hotmail.com](mailto:trish_graham@hotmail.com).

**Bunko** is up and running here in Accra! Fast paced, easy to learn, no skill required, (**ladies only!**) dice game. We meet monthly at rotating houses. For more info or to sign up, email Kylie at [edhrcir@hotmail.com](mailto:edhrcir@hotmail.com).

**Theater Mirrors.** A local Ghanaian acting troupe, begun in 1986, whose members perform every Friday night at **Bywel Bar**, located across the street from Sotrec Grocery in Osu. Admission is free. 8 PM. The acting group is also available for private performances. Call 024-678956 for details.

**Ghana National Theatre** Monthly Symphony Program "Sunday at Five" held the last Sunday of every month **is now at Christ the King Parish Hall due to renovations.** Still at 5 pm, still a bargain at 20,000 cedis, 665-735 or 663-467.

**Friends of Bill W.** Meet Monday evenings 7-8 pm near the Cathedral in Adabraka. Contact Ludwin 020-2018540 or Lydia 024-611385.

**Happy Hour** Fridays at 5:30 pm an informal group meets for unwinding at the Labone Coffee Shop. All are welcome.

**Hash House Harriers (Accra)** The Hash House Harriers has been described as a '*drinking group with a running problem.*' However, non-drinkers and walkers are welcome. The Hash runs every Monday, with a 5:15 pm **sharp** departure. Location varies. Contact [acrahhh@yahoo.com](mailto:acrahhh@yahoo.com) for details.

**Hash House Harriers (Tema)** is composed of Ghanaians and expats in and around the Tema area and welcome families with children. Every Thursday at 5:15 April thru October and 5:00 pm November thru March. Contact Frank Davis, at [frank.davis@valcotema.com](mailto:frank.davis@valcotema.com) or call 020-201-1525 for information on directions to starting point.

**Duplicate Bridge** group meets every Tuesday night at 7:30. Any questions please contact Gerry Gray Thibodeau for information or to arrange a partner, 021-775-414. (evenings)  
**Pick-up Basketball** Tuesday evenings (6-8 pm) at GIS. Everyone is invited to join the fun. For

additional information, please contact Ted Lawrence ([tlawrence@usaid.gov](mailto:tlawrence@usaid.gov)) or Rob Clausen ([rclausen@usaid.gov](mailto:rclausen@usaid.gov)). They can also be reached by telephone at 228-440.

Pippa's Health and Fitness Center in Osu runs **Tumble Tots** on Monday, Wednesday and Friday from 9:30-11:45 am for 40,000 cedis a day. Toddlers can run around, play, and climb on the gym's tumble equipment and meet other toddlers in the area. Parents or nannies are welcome. Call 22 44 88 for more info.

**Mom/Dad & Tots** (3 and under) at British High Commission Grasscutters Return. Wednesdays 9:30-11:15 am.

**Taekwondo** at Pippa's Health and Fitness Center. Adults and kids are welcome. Learn from National Champion Master Stephen Yeboah. Call for registration: 22 44 88.

**Frisky's International Film Buff Club** views films Tuesdays 7pm. Call Ian at 0244 363017 or Katya at 024 329679 for directions or to receive a map by email.

**Free Meditation** each Wed at 6-7pm. Free pranic healing Wed. 10am-6pm. At the GMCKS Pranic Healing Center, 1<sup>st</sup> floor, Pyramid House, Ring Road central (Next to Alitalia). Website: [www.pranichealing.org](http://www.pranichealing.org) Phone: 0275089645 Mythili Raja Mohen

**International Spouses Association of Ghana (ISAG)** Are you a non-Ghanaian married to a Ghanaian? If yes, then come and meet others in a similar relationship. First Wednesday of every month at 5.30pm at Ghana International School film room. It's fellowship with some serious bits! For more information, contact Judd on 024-476-7063 or Nina on 024-477-8229 or email [isag@ighmail.com](mailto:isag@ighmail.com)

**The Accra Tema Yacht Club (ATYC)** is in Ada on the Volta River, 1½ hours from Accra, close to Manet Paradis Hotel. Races of catamarans and sail boats are held monthly. ATYC has 3 Lasers available for daily or hourly rental, a small bar and four chalets where members may stay overnight. **New members are welcome** as are day visitors for which a nominal daily charge is payable. Contact [dmcallag@gmail.com](mailto:dmcallag@gmail.com) -or- [Duncan.macnicol@asc-gh.com](mailto:Duncan.macnicol@asc-gh.com)

**African American Association of Ghana (AAAG).** General meetings held every third Saturday of the month. 2-4pm at the W.E.B. Dubois Center in Cantonments. For more info call 021-785438 or [sankofaaaag@yahoo.com](mailto:sankofaaaag@yahoo.com)

**Fit & Fun Gymnastics Club** for children from 2 years and teenagers. Learn the basics of movement improve flexibility, balance and body awareness. Gymnastics helps them learn self discipline, patience and have more self confidence. Call 024 3515889 for info.

# Community News and Events

## !GREAT FIND! HOLY TRINITY HEALTH SPA

What a wonderful place! I spent six days at this lovely retreat IN Sokakope, Ghana, an hour's drive from the Tema runabout en route to Lome. The highway is excellent. Just after crossing the Volta River Bridge and toll booth, two large signs on the right direct you to Cisneros Lodge and Holy Trinity Spa. A turn to the right and about a mile down the dirt road, you see a compound painted lime green. Upon entering, to the left is an enclosure with a camel, birds, and rabbits. All animals on the premises are there as pets and are tame.

In the middle of the property is a large water fountain and an old-style buggy. I wondered whether the latter was just for display or whether it was actually used, but I kept forgetting to ask. Later as you roam the grounds, there are ducks, donkeys, horses and numerous monkeys climbing trees and playfully running about. If you are still, the monkeys will cautiously accept food from your hand. Throughout the site, lovely flowers and vines accentuate the beauty and place emphasis on everything nature has to offer. My love is tennis, so each morning I played with the resident tennis "pro" (at the time I was there he was an 18-year old named Joseph that I knew from the Accra Lawn Tennis Club – an excellent player, nevertheless.) After tennis, my other love, swimming, came into play. The pool is small but well maintained. Next to it is a man-made waterfall. Surrounding the pool are tables, chairs, hammocks and exercise equipment. The horses' stalls are adjacent as is their grazing area. During the day and early evening, soothing music is piped throughout the property – sometimes classical, sometimes "elevator music", but always relaxing (though at times, if you find yourself too close to one of the speakers, it can be slightly too loud.)

The room rate (\$38 - \$90) includes access to all recreation areas: tennis court, pool, table tennis, various games, gym, and exercise classes or group walks some mornings. Meals are billed separately. Rooms have A/C's and fans, refrigerators and TV's. You may have to remind the staff to flip the switch for hot water in the shower, or remember to do it yourself since they often don't tell you about this requirement. If you have more money to burn, indulge in the various aroma treatments, massages, saunas, hydrotherapy baths, body treatments, beauty salon, facials, yacht cruises, or horseback riding. In all areas you encounter very friendly and accommodating staff. If possible, get a room overlooking the Volta River. The tranquility of the river, watching the ducks swimming and diving for food, and the passing canoes as you sit on the balcony, listening to beautiful music – are all incredible sources of relaxation. Of course, if you are with children, their source of fascination will be the camel, rabbits, monkeys, horses and ducks. I found it quite unique to see how in the early morning and late afternoon, the ducks leave their pens in a herd and waddle past the pool and the courtyard, heading for the river. Then after passing the entire day on the shore and in the water, they reverse the journey to return to their enclosure.

During my visit, construction work was being done to build a three story building with a conference room and additional living units by the river. They also plan to build a sports complex with racquet ball and badminton. The only inconvenience this caused was a break in the normally circular walk path. Once completed (reportedly in June), additional river view units will be worth the effort. *Thanks Judy!*

## CLASSIFIEDS

The Okyeame is published weekly by the United States Mission, Accra. It is for the use of all Mission employees and their families. Post activities and items of general interest are included in this newsletter. Please send news items, and classified ads to [accraokyeame@yahoo.com](mailto:accraokyeame@yahoo.com). Classified ads may be placed by members of the Mission or members of other foreign missions stationed in Ghana. Submission deadline is 5pm Monday of the publication week. Ads will run for 3 weeks and can be renewed. If an item is sold, please notify [accraokyeame@yahoo.com](mailto:accraokyeame@yahoo.com). Send your classifieds to [accraokyeame@yahoo.com](mailto:accraokyeame@yahoo.com).

### SEEKING EMPLOYMENT

**French chef from Togo looking for full time** work. He cooks European and African dishes and can manage cooking for parties for up to 20 people. Contact Charlotte for more information at 0244-326150 (2)

Pricilla Emefa is **looking for work as receptionist** in a hotel or office or as administrative assistant. She recently graduated with a diploma in Hotel management and office management. Please contact her at 0243 625266 or 0243 737190.(2)

Do you need a **reliable and trustful person** to look after your house and perform different tasks? Joseph Alou, has over 17 years experience as guard, handyman and gardener in the Embassy of Former Yugoslavia. Refs. available. Call Joseph Alou on 024 67 40 815 or Mr. Anjelkovich on 024 43 74 020 (3)

**Driver, "Man-Friday" available.** Emmanuel has worked for me for nearly three years. He is a flawless driver - has not even scratched my car in that time. He does countless other tasks and does them all well, including running errands, washing and ironing (he does this very well), and taking care of my dogs. Call 0344-311-262 or email [mschulman@usaid.gov](mailto:mschulman@usaid.gov) (3)

**Driver available** - reliable, responsible, honest and safe. Isaac has worked for us for two years and we have trusted him to drive our new baby. We are returning to Australia mid-December and are keen to find him a new position. Call Isaac on 0243 455 367 or 021 780 380 for references.(3)

**FOR SALE: BAMBOO FURNITURE SET.** Never been used and will sell at COST. Includes: 3-cushion sofa, 2-cushion sofa, 4 chairs, 1 coffee table, 4 small side tables. All tables have covered glass and weaving under table-top. Also includes Coordinating cushions and covers. For sale at: 1.6 million cedis. Please call: 0246 603016 or email: [pjr1110@hotmail.com](mailto:pjr1110@hotmail.com). (3)



## Gigantic Yard Sale

**Saturday, January 27, 2007**

**9:00 AM— 3:00 PM**



Where?  
**Judy Francis'**

Across from NAFTI  
and

The Goethe Institute  
on  
#12 Kakramadu Rd.  
Cantonments





# CLASSIFIEDS

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## MISCELLAENOUS

**Looking for a comfortable, safe and clean** place, centrally located near West Accra to stay. American female volunteer for a Christian non-profit in West Africa will be here for four months beginning in Feb. 07Willing to pay \$250-\$300/month. Contact [baugustin78@yahoo.com](mailto:baugustin78@yahoo.com) (2)

**For Sale: DISPOSABLE DIAPERS!** 126 Kirkland (Costco) brand size 5 (27 lbs+) for US\$30. 144 Huggies brand size 6 (35 lbs+) for US\$39. Contact [tnbabbel@yahoo.com](mailto:tnbabbel@yahoo.com), or 024-210-8043. (2)

**Seeking:** Elizabeth Gliff has worked for me since August 2005 as a **cleaner and nanny**. I am happy to trust her with sole care of my toddler. She is honest and reliable. I can be contacted on 0243 463031. (2)

**For Sale:** Yakima bike rack that will fit any car.. The rack will hold several bikes. Yakima are the most reliable racks money can buy. Price \$200. Call Natalie at 0244-331-102 or e-mail [natalie\\_lorence@yahoo.com](mailto:natalie_lorence@yahoo.com) (2)

**For sale,** dishwasher soap for automatic machine. Bought at Costco in Canada before going on post, but no dishwasher machine in the house! This is like 2 or 3 years supply! 2 buckets Kirkland Signature Dishwasher Soap (6.80kg each) 1 bottle of Jet Dry (946ml) Selling at cost, 300 000 Cedis for the package Contact Gislain at 0244 329 718 (2)

**Had a great vacation in Ghana? Or did you travel in West Africa or another part of the Continent? Share your info with others. Let us know where you went and where you stayed. Email your great vacation to [accraokyeame@yahoo.com](mailto:accraokyeame@yahoo.com). Thanks!**

## VEHICLES FOR SALE

**1997 Chevrolet Blazer 4x4.** Mileage 102, 000 km. comfort: ac, power steering, powered windows, mirrors and driver seats. High quality stereo. Security: air bag, ABS aspect: looks nice, alloy wheel engine 4.3 L, petrol, V6(265 horsepower). Transmission: Automatic. Price: \$11,900. 0244-352 6005 (2)

**1996 Daewoo Nexia saloon car.** Automatic, driver airbag, power steering, electric windows. Reliable, durable and good run a round car. No Duty \$4000 OBO. Please call 020 813-6962 or 0246 584 384 (3)

**2002 Dodge Grand Caravan FWD Sport Mini** ASKING PRICE \$18,000 CD & Cassette player; Equipment 3.3 Liter V6 12 Valve 180hp@5200rpm, AC 4 Wheel Power Anti-Lock Brakes 5 Passenger Seating Capacity Dual Sliding Side Doors. Wheelbase: 119.3 inches. Power Rack And Pinion Steering. Curb Weight: 4093 lbs. Power Door Locks. Width: 78.6 inches. Power Windows w/Driver Side. Original Factory Price \$24,275 Contact Information 024-4327424 (2)

## Are you a quilter?

Create a memory of Ghana using my adinkra symbol applique patterns to make a quilt, a wallhanging, or pillows. For pictures and price list: email [Widdison@hotmail.com](mailto:Widdison@hotmail.com). Subject line: adinkra design patterns.

## Humorous Quotes:

Some cause happiness wherever they go; others, whenever they go.

-- Oscar Wilde

**1998 Honda Civic 4 door sedan,** 61700 miles, manual transmission. Excellent condition. Duty not paid. (Estimated at 15 million cedi) Price Reduced to \$5200. Please call Diane at 0244331244. (3)

**For Sale:** like new 2 gigabyte sony psp memory ,three sony psp games and a movie for sale madden 06,fightnight 3,etc.\$300 neg. 0208804684,021912690 or email [herbieokantey@yahoo.com](mailto:herbieokantey@yahoo.com).(3)

**For Sale:** DSTV box and satellite dish for 3,100,000 cedis. Call Gail at 021-773-465 or 0244311944. (3)

**Volvo S40 2003,** black leather seats, AC, airbags, power steering, electric windows & doors, alarmed, fully loaded, low mileage, duty paid \$13,0000 Call 020 813-6962 or 0246 584 384 (2)

## !GREAT FIND!

Had lunch and dinner at a great new restaurant serving Caribbean dishes from many different islands. Its called **The Caribbean** and located in Osu! Take a right on the street before Frankie's coming *from the direction of the Danquah Circle*. It is a yellow house on the right hand side. Open Tuesdays-Sundays, 11am-3pm for lunch and 6pm-11pm for dinner! For info: 0243-437352. It is clean and they play *zouk!* Oooh la lala la la!



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WANTED	VEHICLES FOR SALE	For Sale , please call Judy Tel: 0244 327 424
<p><b>HOUSING. Urgent.</b> Diplomats looking for a safe and quite accommodation in Airport Res., Cantonment, East Legon or Osu with a swimming pool. No agent please. Tel: 0242 266 713</p>	<p><b>Golf 3 1992</b> model Black Radio &amp; CD player, manual Tinted windows and sporty looking . Mileage 265 000km Price: 53 million or US \$ equivalent (negotiable) To view call please call 0244 936 783 after 4pm Mon - Thursday, Friday after 2pm and weekend anytime during the day.</p>	
<p><b>Housing Needed:</b> Seeking new house, 3-4 bedroom for rent. Pref in Osu, Labone, Cantonments, gated community or best alternative. Call Mikelle at 0243 019535</p>	<p style="text-align: center;"><b>Leaving?</b></p> <p>Can't take that wonderful dog with you but you want it to go to a good home? I am looking for one nice adult dog whose bark is worse than its bite. One who is good with children but fiercely protective of it's environment. Prefer Alsatian but would consider other breeds as well. Please contact Laurie 0277-549905 (2)</p>	<p>Pool, 30' diameter, above ground Korg Electronic piano, 88 key</p>
<p><b>HIRING / DRIVER.</b> Urgent. Wish to hire an experienced driver for 1-4 hours / week. Taxi driver OK. Please call 0242 266 713</p>		<p>Safe, Sentry 17" x 17" x 14"w</p>
<p><b>HIRING / HOUSE MAID.</b> Urgent. Wish to hire a house maid who can cook Chinese, Korean or Japanese food. Please call 0242 266 713</p>		<p>Boombox, Panasonic Steeo Component System RX-C5730M2 (110~127/240)</p>
<p><b>POSITION WANTED / HOUSE MAID.</b> Experienced house maid who can cook is looking for a full time or part time position in a house with a place to stay. Please call Cecile 0242 266 713.</p>		<p>DVD player, Malata 806; Computer, PC Dell Inspiron 4000</p>
<p><b>FOR SALE:</b></p> <p><b>Elliptical Trainer.</b> Brand new Schwinn 418 elliptical. Never been used. Still in original box. 110v. \$1000 obo. Contact jbsandefur@yahoo.com or call 0244-313-523.</p>	<p><b>FOR RENT:</b> Fully furnished room available for short term rent located in Asylum Down. \$70 per week (negotiable) Includes: A/C and Wi Fi internet access. Ideal for voluntary workers new to Ghana. Contact: Duncan Williams 0244 333 529.</p>	<p>Cassette Recorder &amp; Radio (small)</p> <p>Radio, AM/FM LCD Alarm Clock "Voltage Valet"</p> <p>TV – JVC 14"</p> <p>Video Recorder/Player Multi-System "Sapphire"</p> <p>Computer Monitor - Northgate 15"</p> <p>Printer, Color HP Photo Smarte 7760</p> <p>Singer Sewing Machine (110/220v)</p> <p>DVD, LiteOn</p> <p>Mirror, standing 3'10" x 7'10"; Laptop computer - Dell (110~220)</p> <p>Aiwa Sound System (120v) ; Radio, AM/FM LCD Alarm Clock "Voltage Valet" HP Scanjet 4670 (100~120v)</p> <p>HP Photosmart 7760 (120~127v)</p> <p>Car: Dodge Caravan</p>